National Hispanic Heritage Month

History and Meaning

Since 1968, Americans all over the nation have observed National Hispanic Heritage Month by celebrating the vast histories, cultures and contributions of Americans whose ancestors come from Spain, Mexico, the Caribbean and Central and South America. Expanded in 1988 to cover a 30-day period, Sept. 15 to Oct. 15, the dates commemorate the anniversary of the independence for some Latin American countries and, Columbus Day (Día de la Raza).

Is It Hispanic or Latinx?

While both terms are used interchangeably, they are not one and the same. “Hispanic” usually refers to ancestral roots in ancient España, which is now the nation of Spain. “Latinx” specifically refers to people of Latin American descent—the Caribbean, South America and Central America. It is important to note, however, that both terms refer to ethnicity not race. In the United States the term “Hispanic” traditionally covers the culture and people formerly of Spanish rule, with a majority of these populations speaking the Spanish language. The term “Latinx” is gender-neutral.

Health Issues in the Hispanic/Latinx Population

Poor housing, educational and linguistic barriers, and low access to health care coverage contribute to significant health and health care disparities in the Baltimore Hispanic/Latinx population.

Population Demographics

In Baltimore, the Hispanic/Latinx population is concentrated in several older East Baltimore neighborhoods, including Fells Point, Greektown, Highlandtown and Patterson Park. The Hispanic/Latinx community has been instrumental in invigorating Baltimore City’s dwindling population. They energize the economy and strive to make better lives for themselves, their families and their communities.

73 percent of Hispanics/Latinxs speak a primary language other than English.

One in five U.S. Hispanics/Latinxs have no health care insurance whatsoever.

In 2012, only 7.5 percent of U.S. physicians who had Graduate Medical Education training were Hispanic/Latinx. The low number contributes to cultural and linguistic barriers to care.

Please see Figure 1 (page 2)
Addressing Community Needs

To eliminate health disparities and promote individual and community health and wellness, Johns Hopkins works tirelessly to meet the needs of the Hispanic/Latinx population. To that end, Johns Hopkins partners with several institutions in East Baltimore to offer an array of medical services outside of typical hospital settings. Johns Hopkins offers bilingual interpreters and health care providers, community outreach workers and low fees. In 2013, Johns Hopkins established Centro SOL, which is focused on promoting equity in health and opportunity for Latinxs by advancing clinical care, research, education and advocacy at Johns Hopkins and beyond in active partnership with the Latinx community.

**Figure 1—Health Disparities: U.S. Hispanics/Latinxs Versus Non-Hispanic Whites**

- **Asthma**: x2 as likely to have asthma (Puerto Ricans)
- **Tuberculosis**: x6 as likely to have tuberculosis
- **Obesity**: 15% more likely to be obese
- **Diabetes**: 65% more likely to be diabetic
- **Liver Disease**: 15% more likely to have liver disease
- **Cervical Cancer**: 45% more likely to be newly diagnosed with cervical cancer
- **Cancer**: 40% more likely to die from cervical cancer

**Resources Serving the Hispanic/Latinx Community at Johns Hopkins**

**Hopkins Familia Hispanic/LatinX Employee Resource Group**

Join the email list, [here](http://familiesusa.org/product/latino-health-disparities-compared-non-hispanic-whites).

**CLINICAL CARE RESOURCES**

- **Esperanza Center Partnership** ([source.jhu.edu/volunteer-agencies/cultural-and-ethnic/esperanza.html](http://source.jhu.edu/volunteer-agencies/cultural-and-ethnic/esperanza.html))
- **The Care-A-Van** ([hopkinsmedicine.org/johns_hopkins_bayview/community_services/services/care_a_van/index.html](http://hopkinsmedicine.org/johns_hopkins_bayview/community_services/services/care_a_van/index.html))
- **HIV Latino Outreach** ([main.ccghe.net/content/hiv-latino-outreach-program-baltimore-city-health-department](http://main.ccghe.net/content/hiv-latino-outreach-program-baltimore-city-health-department))

**MENTAL HEALTH SUPPORT GROUPS FOR ADULTS**

- **Centro SOL Testimonios** ([jhcentrosol.org/](http://jhcentrosol.org/))
- **Suicide Prevention Response** ([jhcentrosol.org/](http://jhcentrosol.org/))
- **Johns Hopkins Hospital Hispanic Psychiatry Clinic** ([hopkinsmedicine.org/psychiatry/specialty_areas/community_psych/hispanic_clinic.html](http://hopkinsmedicine.org/psychiatry/specialty_areas/community_psych/hispanic_clinic.html))
- **Latino Family Clinic** ([hopkinsmedicine.org/psychiatry/patient_information/bayview/medical_services/child_adolescent/latino.html](http://hopkinsmedicine.org/psychiatry/patient_information/bayview/medical_services/child_adolescent/latino.html))

**PHYSICAL ACTIVITY AND WELLNESS**

- **Centro SOL Embajadores de Salud** ([jhcentrosol.org/](http://jhcentrosol.org/))
- **Diabetes Prevention Program** ([jhcentrosol.org/](http://jhcentrosol.org/))

**JH LANGUAGE INTERPRETATION SERVICE**

([hopkinsmedicine.org/patient_care/language-assistance.html](http://hopkinsmedicine.org/patient_care/language-assistance.html))

**EDUCATIONAL/PIPELINE**

- **Summer Scholars Program Centro SOL** ([jhcentrosol.org/](http://jhcentrosol.org/))

**CITY/STATE**

- **CASA de Maryland** ([wearecasa.org](http://wearecasa.org))
- **Esperanza Center** ([catholiccharities-md.org/immigrants/](http://catholiccharities-md.org/immigrants/))
- **UnidosUS** ([unidosus.org](http://unidosus.org))
- **Baltimore City Health Department** ([health.baltimorecity.gov](http://health.baltimorecity.gov))
- **Mayor’s Office ofImmigrant Affairs** ([mima.baltimorecity.gov](http://mima.baltimorecity.gov))

**VOLUNTEER OPPORTUNITIES**

- **Centro Sol** ([jhcentrosol.org/volunteer](http://jhcentrosol.org/volunteer))
  centrosol@jhmi.edu or 410-550-1129